



Updated 8/29/2017

Youth Basketball League

PLAYING RULES

Equipment: Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

Division: Beginner 5-6 yrs and Intermediate 6-7 yrs

5.01 Coaches will act as referees during games – Coaches should use discretion in calling fouls and violations.

5.02 There will be no scorekeeping in order to focus on development rather than on the outcome.

5.03 Games will consist of (2) continuously running 20 minute halves which will be kept by one of the coaches. A 5-minute halftime will be observed. Each team will get (2) time-outs per half lasting 1 minute each. There are no overtime periods.

5.04 The rims will be set to (7) feet in the 5-6 division, and (8) feet in the 6-7 division. Grabbing and/or hanging on the portable rims is not permitted.

5.05 All players need to play 8-12 minutes per half, and 20 minutes per game.

5.06 The home team will inbound the ball from the baseline to begin the game. The home team will be determined by which team is listed first on the schedule. Possession will alternate if it is not clear who the ball went out of bounds off of, and at the start of the second half.

5.07 There will be no free throws. The ball will be inbounded to re-start play.

5.08 Defensive Philosophy:

There will be no man-to-man defense, full court, or ½ court pressure. All defensive players must play a zone. There will be no reaching in. The only time a defensive player can steal the ball is when a pass is thrown or there is a loose ball.

5.09 Substitutions must be made during a dead ball situation.

5.10 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.



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Division: Advanced 7-8 yrs

5.01 Coaches will act as referees during games – Coaches should use discretion in calling fouls and traveling.

5.02 There will be no scorekeeping in order to focus on development rather than on the outcome.

5.03 Games will consist of (2) continuously running 20 minute halves which will be kept by one of the coaches. A 5-minute halftime will be observed. Each team will get (2) time-outs per half lasting 1 minute each. There are no overtime periods.

5.04 The rims will be set to (9) feet in the 7-8 division. Grabbing and/or hanging on the portable rims is not permitted.

5.05 All players need to play 8-12 minutes per half, and 20 minutes per game.

5.06 The home team will inbound the ball from the baseline to begin the game. The home team will be determined by which team is listed first on the schedule. Possession will alternate if it is not clear who the ball went out of bounds off of, and at the start of the second half.

5.07 There will be no free throws. The ball will be inbounded to re-start play.

5.08 Defensive Philosophy:

Teams can play zone or man-to-man defense, but cannot apply full court or ½ court pressure. There will be no reaching in. The only time a defensive player can steal the ball is when a pass is thrown or there is a loose ball.

5.09 Substitutions must be made during a dead ball situation.

5.10 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.

5.11 Implementation and Lesson Plan:

In order to better prepare kids for the 9-10 age group in which they will be playing “real” basketball, we will be focusing on something and/or implementing something new each week. Rules will accumulate.

Week 1 (through game 1): Intro, fundamentals, basic team principles

Week 2: Offensive principles - Moving the ball, moving without the ball, picks, cuts

Week 3: Defensive principles - Help defense, man-ball, positioning without reaching

Week 4: Cover traveling in practice, stop play in the game for blatant travels

Week 5: Cover double dribbles in practice, stop play in the game for blatant double dribbles.

Week 6: 1/2 court pressure allowed for the final 5 minutes of each half.



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Week 7: Lining up for jump balls and free throws covered at practice. Game will start with a jump ball, we still will not shoot free throws. Just too time consuming for the game

Division: 9-14 Years Old

6.01 Unless modified by these rules, the League will follow the rules of the National Federation of State High School Associations (NFHS). A Special note that rules regarding team jersey numbers applies to this league.

6.02 All divisions will play (2) halves with a 20-minute running clock. Clock stops on time-outs. Clock is start/stop the final minute of the first half, and the final 2 minutes of the second half. If a mandatory substitution whistle becomes necessary to help Coaches sub players, the League Coordinator will inform Coaches, Referees and Scorekeepers.

6.03 Half time will be (2) minutes long.

6.04 Each team will receive (2) time-outs per half. These time-outs do not carry over and do not carry over into an overtime period.

6.05 Overtime period(s) are (2) minutes long with a start/stop clock the last minute. Multiple overtimes will be played as necessary. Teams receive (1) overtime timeout.

6.06 Backcourt Defense (Press) & Half Court Double Team (Trap):

6.06.1 Division: 9-10 Co-Ed & 9-10 Girls - Backcourt defense (Press) & Half Court Double Team (Trap) will not be allowed until the fourth (4th) game of the regular season. At the fourth (4th) regular season game, Press/Double Team Trap will be allowed unless a team is ahead by (10) or more points. The second infraction will result in a technical foul charged against the team. The offensive team will shoot (2) free throws for the technical foul and receive the basketball at half court.

6.06.2 Division: 11-12 Co-Ed, 11-14 Girls, & 13-14 Co-Ed – Backcourt defense (Press) & Half Court Double Team (Trap) will be allowed unless a team is ahead by (15) or more points. The second infraction will result in a technical foul charged against the team. The offensive team will shoot (2) free throws for the technical foul and receive the basketball at half court.

6.07 Player Playing Time

Each Player suited up for a game MUST play 8-10 minutes per half, not including overtimes. *For teams with more than 10 players, coaches are required to have each player play as close to 8-10 minutes per half as possible.* Coaches are free to play whomever they wish during overtime periods.

6.08 Free Throws

6.08.1 Teams will shoot the one-and-one bonus free throw on the 10th foul. There is no double bonus. There is no bonus at the 7th foul (traditional basketball rule). Players are allowed to rebound after the shooter releases the basketball.

6.08.2 Division: 9-10 Co-Ed & 9-10 Girls - Shooter will stand behind the free throw line, however, should the shooter step on or over the foul line while shooting, no violation call will be made.



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6.09 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.

6.10 All playing rules are to be followed during all Regular Season games and all Playoff games.

Division: High School

6.01 Unless modified by these rules, the League will follow the rules of the National Federation of State High School Associations (NFHS). A Special note that rules regarding team jersey numbers applies to this league.

6.02 All divisions will play (2) halves with a 20-minute running clock. Clock stops on time-outs. Clock is start/stop the final minute of the first half, and the final 2 minutes of the second half.

6.03 Half time will be (2) minutes long.

6.04 Each team will receive (2) time-outs per half. These time-outs do not carry over and do not carry over into an overtime period.

6.05 Overtime period(s) are (2) minutes long with a start/stop clock the last minute. Multiple overtimes will be played as necessary. Teams receive (1) overtime timeout.

6.06 Backcourt defense (Press) will be allowed unless a team is ahead by (20) or more points in the second half. The second infraction will result in a technical foul charged against the team. The offensive team will shoot (2) free throws for the technical foul and receive the basketball at half court.

6.07 Player Playing Time (HCRP Individual Formed Teams Only)

Each Player suited up for a game MUST play 8-10 minutes per half, not including overtimes. *For teams with more than 10 players, coaches are required to have each player play as close to 8-10 minutes per half as possible.* Coaches are free to play whomever they wish during overtime periods.

6.08 Free Throws: Teams will shoot the one-and-one bonus free throw on the 10th foul. There is no double bonus. There is no bonus at the 7th foul (traditional basketball rule). Players are allowed to rebound after the shooter releases the basketball.

6.09 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.

6.10 All playing rules are to be followed during all Regular Season games and all Playoff games.